

## MEDIA RELEASE

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Media Alert: This release contains information on an upcoming seminar for dementia and Alzheimer's from the perspective of people who have been family caregivers of people diagnosed with the disease. Allied professionals are also involved in this session. Interviews and information available from Shelton above.

### Calendar information:

Dementia & Alzheimer's Informational Seminar

"Where do I look for help ..."

Saturday, September 20, 2014

9:00 am - 12:30 pm

East Bay Calvary Church, 2225 E Hammond Rd, Traverse City

Free

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Tuesday, July 29, 2014

## FOR IMMEDIATE RELEASE

### DEMENTIA & ALZHEIMER'S SEMINAR

Are you caring for someone with dementia or Alzheimer's? Do you have a family member or other loved one facing this disease?

A seminar to help you navigate this challenge on behalf of your loved one will be held on September 20<sup>th</sup>. Four local professionals will present you with resources regarding this process and where more information can be obtained. How do you enter the process to find help without destroying the person's dignity? Where do you look for help with diagnosing, care management, placement, medications, guardianship, finances, insurance.....it quickly becomes overwhelming. Our seminar will give you this information. The presenters have either had a family member they have cared for or are professionals in the field wanting to help caregivers deal with the challenge.

The seminar be held on Saturday, September 20, 9:00 am to noon, at the East Bay Calvary Church, 2225 E Hammond Road in Traverse City. It is a free event.

Diane Shelton tells her story ...

Mom was showing signs of dementia and I didn't know what to do. Where do I start? who do I talk to? There were so many questions going thru my mind. I had no siblings or family here; even my children lived far away. I had many friends, but they were not at the same place in life as I was at that time. Mom and I had lived together for almost 40 years, and I knew she needed me now more than ever, but where could I go for help? I started with one person I knew who owned a private home specializing in dementia and Alzheimer patients. The journey

after that was so overwhelming. So many decisions had to be made, and I didn't have a clue. It seemed when I completed that first step, which was testing, there was another decision to make, another step, another decision until this November when my mom passed away.

My desire for the past two years has been to get whatever information is out there to others in my community who were going through the same journey I had taken.

Other presenters will feature:

- The Grace Players presenting a short play "Love Letters";
- Anne Smith, RN, Works for Community Action Agency and helps family members communicate respectfully with their loved one.
- Shawn Burt, LBSW, a social worker at the Grand Traverse Pavilions;
- Connie Hintsala, senior housing specialist, with the Alliance for Senior Housing, LLC has helped families for over 14 years with housing placement; and
- Greg Kish, elder law attorney with Smith Haughey Rice & Roegge whose practice focuses on helping seniors and their families.

The presenters will give a brief presentation and then answer questions from family members and caregivers who attend.

For more information contact Diane Shelton via email at [informationalseminar@gmail.com](mailto:informationalseminar@gmail.com), or 231-929-2857.